

## ABSTRACT OF THE DISCLOSURE

A system for mechanically lowering a load from an elevated position to a lower position in a relatively slow and controlled manner using only gravity and frictional forces. The system includes a vertically aligned glide rod, a glide collar that moves longitudinally over the glide rod, two vertically mounted friction rods mounted on opposite sides of the glide rod, a friction collar that moves longitudinally along each friction rod, and a support platform coupled to each friction collar and to the glide collar. The glide rod includes spiral vane along its entire length upon which the glide collar rides when a load is placed on the support platform, allowing the support platform to descend at a safe speed via gravity. The friction rod and collars are used to move the support platform from a stored position located above the elevated loading position to a lower position so that a load may be placed onto the support platform and to stabilize the support platform as it descends from the loading position to the ground.